

## Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California

### Programs and Leadership Activities by the State of California

- Department of Social Services
  - The CalFresh (USDA Supplemental Nutrition Assistance Program)
  - Emergency Food Assistance Program
  - California Food Assistance Program
- Department of Public Health and Department of Health Care Services
  - CDPH California Nutrition, Physical Activity, and Obesity Prevention Program  
<http://www.cdph.ca.gov/programs/Pages/CPANOP.aspx>  
Includes the Network and
    - The California Center for Physical Activity (Center) -  
[www.caphysicalactivity.org](http://www.caphysicalactivity.org).
    - California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL) -  
[www.CaliforniaProjectLEAN.org](http://www.CaliforniaProjectLEAN.org)
    - The Maternal, Child and Adolescent Health (MCAH) -  
<http://www.cdph.ca.gov/programs/MCAH> - Title V
    - Women, Infants, and Children (WIC) Women, Infants and Children (WIC) Program -  
<http://www.cdph.ca.gov/programs/wicworks/>
  - State Nutrition Action Plan
  - The Children's Medical Services (EPSDT) -  
<http://www.dhcs.ca.gov/services/Pages/cms.aspx>
  - School Health Connections - [www.dhs.ca.gov/schoolhealth](http://www.dhs.ca.gov/schoolhealth)
  - The Safe and Active Communities (SAC) Branch State and Local Injury Control Section
- University of California
  - Agriculture and Natural Resources (ANR) – <http://ucanr.org/>
    - UC County Cooperative Extension
    - 4H – <http://www.ca4h.org/>
    - Expanded Food and Nutrition Education Program (EFNEP) –  
<http://efnep.ucdavis.edu/>
  - Center on Weight & Health, UC Berkeley – [www.cnr.berkeley.edu/cwh](http://www.cnr.berkeley.edu/cwh)
- California Department of Education – [www.cde.ca.gov](http://www.cde.ca.gov)
  - SHAPE California - <http://www.cde.ca.gov/ls/nu/he/shape.asp>
  - A Garden in Every School - <http://www.cde.ca.gov/ls/nu/he/garden.asp>
- California Department of Food and Agriculture – [www.cdfa.ca.gov](http://www.cdfa.ca.gov)
  - The Dairy Council of California -<http://healthyeating.org/>
  - The California School Garden *Network* (CSGN) - <http://www.csgn.org/>
- The California Children and Families Commission - <http://www.cafc.ca.gov/>

### Major Place-Based Projects in California

- CDC Community Transformation Grants
  - Public Health Institute – (12 “intense” counties; 30 less intense)  
<http://www.co.mendocino.ca.us/bos/meetings/MG21598/AS21606/AS21617/AI21706/DO21791/1.PDF>

## Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California

- Los Angeles County –  
[http://publichealth.lacounty.gov/tob/pdf/CTG\\_one\\_page\\_summary\\_FINAL\\_9\\_27\\_11.pdf](http://publichealth.lacounty.gov/tob/pdf/CTG_one_page_summary_FINAL_9_27_11.pdf)
- San Francisco County
- San Diego County – CDC Community Transformation Grant  
[http://www.sdcounty.ca.gov/hhsa/programs/phs/chronic\\_disease\\_health\\_disparities/ctg.html](http://www.sdcounty.ca.gov/hhsa/programs/phs/chronic_disease_health_disparities/ctg.html)
- CDC Capacity Building Community Transformation Grants
  - Fresno, Kern, San Benito, Stanislaus, and Ventura Counties; Toiyabe Indian Health Project
- Kaiser Permanente Community Health Initiatives; Healthy Eating Active Living (HEAL) Grants and Partnerships -  
[http://info.kp.org/communitybenefit/html/our\\_work/global/our\\_work\\_3\\_b.html](http://info.kp.org/communitybenefit/html/our_work/global/our_work_3_b.html)
- The California Endowment Healthy Communities; Healthy Eating Active Communities (HEAC) and Central California Regional Obesity Prevention Program (CCROPP)  
<http://www.calendow.org/healthycommunities/background.html>

**\* The California Obesity Prevention Plan** - The most recent version *California Obesity Prevention Plan: A Vision for Tomorrow, Strategic Actions for Today (Plan)* was released in December 2010. The *Plan* is a call to action for stakeholders from all the identified sectors—State, Local, and Tribal Governments; Employers; Health Care; Families; Community Organizations; Schools; Child Care; Food and Beverage Industry; and Entertainment and Professional Sports—to work together to improve the health of all Californians. In addition, the *Plan* places a special emphasis on addressing CDC's six identified target areas: increasing fruit and vegetable consumption, physical activity, and breastfeeding, while decreasing consumption of energy dense foods, sugar sweetened beverages, and television viewing (screen time). CDPH NEOP plans to review and update this Plan during the 2013-2014 state fiscal year to address emerging obesity prevention strategies, as well as reflect new data and information on evidence-based best practices.

The *Plan* will continue to focus on the importance of implementing policy and environmental change strategies, as well as addressing health inequities and disparities. To read the most recent iteration of the *Plan*, visit:  
<http://cdph.ca.gov/obesityprevention>.

**\* CDPH California Obesity Prevention Program** - In June 2008, CDPH was awarded a five-year grant through the CDC's Division of Nutrition, Physical Activity, and Obesity, which has been extended to January 2014. The funding supports the efforts of the Department's California Obesity Prevention Program (COPP) to increase physical activity, improve nutrition and prevent obesity among Californians. Specifically, Program efforts focus on policy and environmental change strategies related to CDC's six identified obesity prevention target areas: increase fruit and vegetable consumption, physical activity, and breastfeeding, while decreasing the consumption of energy dense

## Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California

foods and sugar sweetened beverages, and decreasing television viewing (screen time). COPP, along with stakeholders from across the state, developed and released an updated *California Obesity Prevention Plan* in December 2010. Current COPP activities include:

- Community Grants for Obesity Prevention awarded to seven California communities. Grantee activities address at least one of the CDC identified target areas and interventions focus on underserved populations. For more information, visit:  
<http://www.cdph.ca.gov/programs/COPP/Pages/CommunityGrantsforObesityPrevention.aspx>
- Leadership Grants to stakeholder organizations to assess and report on current and planned obesity prevention efforts among six of the sectors identified in the *Plan*, as well as one of the CDC target areas. Assessment findings will be used to develop an Implementation Plan for the *Plan*. During grant year 3, assessments will be completed for the Employers and state-level obesity sectors..
- Facilitate an Obesity Prevention Evaluation Task Force to develop an evaluation and surveillance plan around measuring the impact of implementation of the *Plan*.

### Categorical Programs Operated by California State Government

#### **\* Department of Social Services**

The **Emergency Food Assistance Program** does not require or provide funding for nutrition education.

The **California Food Assistance Program** does not require or provide funding for nutrition education.

#### **\* California Department of Public Health and Department of Health Care Services -**

California's Women, Infants and Children Nutrition Program (WIC) provides statewide services through 84 local agencies and serves 1.46 million mothers, infants and children each month, with 63 percent of all infants born in California enrolled in the program in 2010. Based on successful experience with the federally-funded Fit WIC! and Newborn Baby Behaviors projects, and a six-fold increase in breastfeeding peer counselor funds, California has taken significant steps to prevent childhood obesity using interventions in pregnancy and infancy. Research published in the Journal of Nutrition Education and Behavior (JNEB) in May 2010 demonstrated increased WIC family consumption of fruits and whole grains, and replacement of whole milk with lower-fat milk as a result of nutrition education alone. Another wave of this study was conducted in 2010 after the food package change and results indicated a further increase in whole grain consumption by 17.3% and decrease in whole milk consumption by 19.7%. These results demonstrate that nutrition education coupled with changes to the food package positively influenced consumption of healthier foods. WIC infuses approximately \$90 million in federal funds into the California retail food economy each month. The benefits of this economic boost extend beyond WIC families to the local economy. About 40 percent, or 1,983 of the retail outlets authorized to accept WIC checks in California are single-store, single owner small businesses that benefit substantially from this income.

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

WIC coordinates closely with the Network and other partners to maximize the impact of the changes to WIC foods implemented in 2009 by marketing healthy food choices in health care, retail and child care settings, and to improve access to WIC foods in low income neighborhoods. WIC's Local Vendor Liaisons work directly with food retailers to ensure appropriate services to WIC families. The Network Retail Program and WIC will continue to collaborate closely to ensure coordinated assistance to eligible retailers.

<http://www.wicworks.ca.gov>

**The Maternal, Child and Adolescent Health (MCAH) Division** - funds nutrition, physical activity, and breastfeeding interventions. Obesity prevention is in the top 10 priority health indicators for federal Title V state plans. Most MCAH resources are directed to low-income groups. A goal of the MCAH Division is that healthy eating and physical activity will be the easy and preferred lifestyle choice of all California women of reproductive age and children to the age of 21 years. Some activities include:

- Promoting healthy eating and physical activity through all Maternal, Child and Adolescent Health Division programs and initiatives at the state and local level.
- Promoting the development of healthcare practices, training and guidelines that support healthy eating and physical activity for all programs, health care providers, schools, childcare centers, and employers.
- Supporting MCAH partners throughout the state in the development and participation in local healthy eating and physical activity 1) coalitions and 2) changes to the environment to support healthy choices.
- Using healthy eating and physical activity epidemiological information that is obtained from multiple sources to design, implement, and evaluate initiatives that are effective and reach individuals with the most need.

**The Children's Medical Services (EPSDT)-** has long provided State funds and exceeded federal requirements by mandating nutrition assessment and anticipatory guidance in nutrition for the estimated 3,391,953 low-income children and youth receiving preventive health care billed through the Child Health and Disability Prevention Program. A number of counties employ public health nutritionists to work with CHDP health care providers; nutrition education is loosely coordinated through this group.

**California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL)** - is a joint program of CDPH and the Public Health Institute. The mission of CPL is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases such as heart disease, cancer, stroke, osteoporosis and diabetes. CPL focuses on youth empowerment, policy and environmental change strategies, and community-based solutions. CPL will provide training and technical assistance to local health departments implementing the Peer-led Nutrition Education and SNAP activities. The project utilizes a train-the-trainer approach with English- and- Spanish-speaking promotores / community lay-health workers (peer educators). CPL will utilize the Peer-led CalFresh Promotion lesson plans designed to promote increased consumption of fruits and vegetables, physical activity and CalFresh. CPL will also build on the success

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

of the Parents in Action! training to engage parents to address barriers to improve nutrition and physical activity education opportunities in underserved communities. For more information, visit [www.CaliforniaProjectLEAN.org](http://www.CaliforniaProjectLEAN.org).

**The California Center for Physical Activity (Center)** develops strategic partnerships and provides mini-grants, technical assistance, best practices and model programs to create opportunities for everyday physical activity. Center projects include the California Active Aging Network, California Walk to School Headquarters, Healthy Transportation Network, Home Zones, Local Public Health and the Built Environment Network, Safe Routes for Kids, School Siting and Joint Use Facilities, and Walkable Community Workshops. The Center is primarily funded by the Centers for Disease Control and Prevention, Preventive Health & Health Services Block Grant. Other funding sources include the California Department of Transportation - Federal Highway Administration Transportation Enhancements and Pfizer. Aside from the collaborative work with the *Network*, its programs are not aimed preferentially to low-income persons or communities. For more information, visit [www.caphysicalactivity.org](http://www.caphysicalactivity.org).

**\*Prevention First** - CDPH anticipates receiving funding, beginning July 1, 2013, to implement a CDC-funded *Prevention First* collaborative grant for up to five years. Staff from the Coordinated Chronic Disease Branch, the Nutrition Education and Obesity Prevention Branch, the Safe and Active Communities Branch, and the California Department of Education, along with a host of community partners, will work to initiate: 1) improved nutrition, physical activity, and increased physical activity opportunities in schools; 2) improved nutrition and increased physical activity options at early care and education sites, work sites, and at CDPH; 3) promotion of breastfeeding-friendly environments at work and community sites; 4) preparation of success stories for use in promoting the previous issues; and 5) development of new protocols and systems to manage and care for students with chronic conditions. Since CDPH has not yet received notification of award from CDC, CDPH does not currently have a website in place that provides additional detail.

**\* University of California Center on Weight & Health, UC Berkeley** – Housed jointly by the College of Natural Resources and the School of Public Health, the Center conducts research, provides training and technical assistance especially in the area of evaluation, and participates in a variety of leadership activities, principally in the area of childhood obesity prevention and control. It is funded through the University, government contracts, and foundations. For more information, visit [www.cnr.berkeley.edu/cwh](http://www.cnr.berkeley.edu/cwh).

**Center for Social Marketing and Nutrition, UC Davis** – Funded initially by California's Cancer Research Program to assist DHS social marketing campaigns, the Center now provides training and technical assistance to *Network*-funded agencies, maintains a unique, on-line inventory of community nutrition and physical activity assessment instruments, and conducts applied research with *Network* partners, mostly focusing on

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

understanding problems of fruit and vegetable promotion and access in low-income communities.

### **\* California Department of Education**

**National School Lunch Program (NSLP)** – NSLP is offered in approximately 10,976 public and private schools, serving an estimated 3.2 million lunches every day. In the 2009-10, school year California received federal funding of \$1.2 billion to provide a daily average of 4,480,375 meals (lunch and breakfast) in school settings. Over 82 percent of the lunches were free/reduced price. Nutrition education is encouraged but not required, and neither State nor federal funds are routinely available for nutrition education through CDE.

**School Breakfast Program (SBP)** – In 2009-10, school breakfast was offered in over 10,550 California schools, and served an estimated 1.3 million breakfasts every day. Over 89 percent of the breakfasts served in these schools were free/reduced price. Nutrition education is encouraged but not required, and neither State nor federal funds for nutrition education are routinely available through CDE.

**Child and Adult Care Food Program (CACFP)** – This program provides federal funding for meals in 26,280 child care and adult group settings. In 2009-10, California received \$263.2 million to provide a daily average of 344,856 meals in all settings. Neither State nor federal funds for nutrition education are routinely available through CDE.

**Summer Food Service Program (SFSP)** – This program provides federal and state funding for meals to children, most from low-income families, when they are out of school for 15 or more consecutive days. In 2009-10, 2,023 California sites served meals through this program with federal funding of \$19.4 million. In 2009-10, the average daily participation in the SFSP was 51,565. Neither State nor federal funds for nutrition education are routinely available through CDE. Since 2010, The *Network* has provided partial funding for the Summer Meals Coalition, an initiative to increase nutrition education and physical activity at SFSP sites across the state.

**Seamless Summer Feeding Option (SSFO)** – This program provides federal and state funding for meals to children, most from low-income families, when they are out of school for 15 or more consecutive days. In 2009-10 1,290 California sites served meals through this program with federal funding of \$13.5 million. In 2009-10 the daily participation in the SSFO was 31,463.

**After School Snack Program** – As part of the NSLP and CACFP, Federal reimbursement is provided to organizations to provide nutritious snacks in structured after school settings to primarily children that qualify for free or reduced school breakfast and lunches. With the implementation of Proposition 49, the After School Education and Safety Program Act, state and federal investments in after school programs reached \$4.6 million at over 4,818 California locations in the School Nutrition

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

Meal Supplements Program. In 2009-10, 3,395,860 snacks were served each day, with 99 percent served to free/reduced children in the Meal Supplements Program. Current Education Code [Section 8482.3 (2)] requires after school programs to serve students snack foods that meet California food and beverage standards for schools. While nutrition-related programming is not a requirement of the law, funding may be directed to support nutrition education and physical activity promotion.

**School Breakfast and Summer Start-Up and Expansion Grants** – This State-funded program seeks to improve academic performance and support good nutrition by assisting low-resource schools in offering school breakfasts. In 2009-10 there was \$1 million plus available. Neither State nor federal funds for nutrition education are routinely available through CDE.

**USDA's Team Nutrition** - Team Nutrition (TN) is an initiative of the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) to support Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. This competitive grant funding is currently available to States for up to \$350,000 per award.

In 2011, the CDE submitted an application for funds to design, implement, and assess the impact of Stepping up to the Challenge: Healthy School Environment Training and Technical Assistance (HSE) conducted through five Healthy School Environment Institute teams (HSEI). This proposal develops a HSEI leadership program to implement the HealthierUS School Challenge (Challenge) throughout California and builds upon both the 2008 and 2009 TN activities. California's Challenge implementation will be supported by Farm to School initiatives, garden-based nutrition education, and a systems approach to necessary leadership change.

**Stepping Up to the Challenge** - The USDA awarded the CDE \$317,990 through the USDA 2010 TN Grant to design, implement, and assess the impact of *Stepping up to the Challenge: Creating a Healthy School Environment (HSE) Training and Technical Assistance (TA)* conducted through four Healthy School Environment Institute (HSEI) teams.

At the helm of the four HSEIs, each located in a different school district, will be the child nutrition director "ambassador" who will serve as a mentor to the child nutrition directors attending the training program. The training program will use social-ecological and social-marketing strategies in a train-the-trainer format in order to reinforce material covered in the following five content areas: (1) First Lady Michelle Obama's Let's Move! Campaign, (2) Fresh Fruits and Vegetables Use and Promotion, (3) USDA's *Know Your Farmer Know Your Food* initiatives (Farm to School), (4) Planning menus to meet the new menu pattern proposed rule, and (5) Healthy School Environment.



## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

An on-line application for the *Stepping up to the Challenge: Creating an HSE Training and TA* was sent out in March 2011 to 1400 child nutrition directors throughout California. Each applicant completed a questionnaire based on their training needs and interests. The four ambassadors, a graduate student assistant, and an NSD Nutrition Education Consultant are currently developing the training content based on the needs and interests of the applicants.

Two-hundred and sixty three child nutrition directors applied to attend, but due to space limitations, only 200 child nutrition directors will attend the trainings. The goal is to train 200 child nutrition directors who will in turn become ambassadors as they go on to train the HSE content to staff, partners, and/or other colleagues in their regions.

**Shaping Health As Partners in Education (SHAPE) California** - Shaping Health as Partners in Education (SHAPE) California is an initiative designed to support school districts in creating healthy school environments. Currently, there are over 200 districts working together to improve the health and academic success of California school children. The SHAPE California approach includes: offering healthy meals in child nutrition programs; promoting comprehensive, sequential nutrition education; applying local school wellness policy and practices; and building and maintaining partnerships within the school and neighboring community that support comprehensive nutrition services. The California Department of Public Health (CDPH) requires schools to participate in SHAPE as one criterion to receive a *Network Local Incentive Award*.

**Healthy Behaviors Initiative After School Learning Centers** -The Healthy Behaviors Initiative (HBI) of the Center for Collaborative Solutions addresses the serious health problems facing students in low-income communities throughout California and most at risk of obesity. The HBI has created Healthy Behaviors Learning Centers at after school sites across California to help programs increase the healthy eating and physical activity of their students, staff, and families. The Centers—having successfully incorporated the Initiative's *Guide to Exemplary Practices in Nutrition, Physical Activity, and Food Security*—serves as models for hundreds of other afterschool programs on how to instill healthy habits in their students. They do this by hosting site visits and providing free coaching, resources, and tools that are practical, effective, and easy-to-integrate into programs.

In 2010-2011, NSD visited Learning Centers and assessed their nutrition education programs to identify which aspects could use some additional technical assistance and resources to ensure top quality programs. This review will help make certain that visitors to the Learning Centers will be seeing the best in nutrition education programs, healthy snacks, and program policy that supports a healthy nutrition environment in after school programs.

**A Garden in Every School** -“*A Garden in Every School*” is a Superintendent-driven initiative that began 15 years ago under the leadership of Delaine Eastin. Since its inception, 3,000 instructional school gardens have been planted throughout California.



## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

Opportunities for garden based nutrition education in California's preschools and child care centers began in 2010-11 and will continue through 2012. The NSD partnered with the Western Growers Foundation and the California Department of Social Services, Community Care Licensing Division to offer garden grants at \$1,000 each to 100 preschools and centers who participate in the Child and Adult Care Food Program. Grant awards will be distributed beginning in fall 2011. Funding for the grants came from a \$100,000 USDA Specialty Crop Block Grant through the California Department of Food and Agriculture.

**California Healthy Kids Resource Center** -The California Healthy Kids Resource Center (CHKRC) maintains a comprehensive collection of health, nutrition, and food service education materials for use by teachers, administrators, child nutrition staff, other professionals, parents, and community personnel who work with students in preschool through grade twelve. The primary funding for the CHKRC is from the CDE (School Health Connections Office, the Healthy Kids Office, and the Nutrition Services Division). In 2010, the NSD increased its funding to the CHKRC to enhance the childcare, food service, and nutrition policy resources. The *Network* provides supplemental funding aimed at supporting the provision of suitable materials for its Food Stamp Nutrition Education-eligible school partners.

**Strategic Assessment of the Child Care Nutrition Environment** - The executive summary, *Keeping Children Healthy in California's Child Care Environments: Recommendations to Improve Nutrition and Increase Physical Activity* was published in June 2009 and contains the policy recommendations created by the Strategic Assessment of the Nutrition Environment advisory group. The full report was published in spring 2011. A link to the executive summary and the full report can be found on the CDE Web site at <http://www.cde.ca.gov/ls/nu/he/healthychildcare.asp>

**Food for Thought: Nutrition Education Across the Curriculum** - The CDE is committed to supporting the goals and recommendations contained in the strategic assessment report cited above. One goal is to expand nutrition and physical activity training in child care programs. Through a 2009 California Department of Food and Agriculture, Specialty Crop Grant, the CDE offered nutrition education training during FFY 2010 on the *Food for Thought* to child care agencies. *Food for Thought* is a nutrition education curriculum for preschoolers that was developed by a Head Start agency and adopted and published by the CDE. The curriculum contains lesson activities that introduce young children to a variety of dairy foods, vegetables, fruits, breads and cereals, and protein foods.

The NSD conducted eleven four-hour statewide trainings on how to integrate nutrition education into preschool classrooms using the *Food for Thought*. CDE trained approximately 200 child care staff; thereby, influencing the diets of both preschoolers and their families.

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

**Healthy and Active Preschoolers Web Site** -In April 2011, the CDE launched an online nutrition education learning center for early childhood educators called *Healthy and Active Preschoolers*. The Web site hosts four nutrition education related courses and offers course participants the opportunity to acquire professional growth hours or continuing education units. In addition, the site houses a variety of resources to assist staff in improving the nutrition and physical activity environment in child care settings. The site can be found at <http://www.healthypreschoolers.com>.

**CDE's Nutrition Education Resource Guide** -The purpose of the *Nutrition Education Resource Guide* is to assist California schools, grades K-12, with implementing standards-based, effective nutrition education programs for their students. The Guide is primarily intended for use by curriculum directors and lead teachers, as well as nutrition education coordinators and specialists, who plan nutrition education in elementary, middle and high schools.

The Guide includes the 2010 Nutrition Competencies; nutrition education policy and standards; descriptions of selected nutrition education curricula and instructional materials; and useful ideas, guidelines and resources to help create an excellent nutrition education program. The nutrition education curricula and instructional materials featured in the Guide were reviewed for alignment with the California Health Education Content Standards and the 2010 Nutrition Competencies. The nutrition education resources can be used to plan instructional strategies for a comprehensive nutrition education program.

The NSD finalized the guide for publication in 2011, and a pre-publication draft was printed and shared at the 2011 Childhood Obesity Conference. The NSD also provided copies of the final edition to participants in the SHAPE 2011-2012 workshop series, "Nutrition Education That Works!" The 2011-2012 SHAPE workshop series were offered by the NSD from October 2011 through March 2012 at nine locations statewide.

The CDE will also provide the Guide to schools in projects with a nutrition education component, such as the 2010 Team Nutrition Grant and the HealthierUS School Challenge (HUSC). The nutrition education instructional materials featured in the Guide are on the CDE's Brokers of Expertise webpage.

**Fresh Fruit and Vegetable Program** -The purpose of the federal Fresh Fruit and Vegetable Program (FFVP) is to provide an additional *fresh* fruit or vegetable snack to students during the school day as a supplement to (not part of) the school breakfast and lunch programs, and to teach students about good nutrition. The CDE administers the grant program in the state, and selected schools receive a year long grant (June-July) to implement the program. California first participated in the FFVP in July 2008 with 24 pilot schools, and the program continues to grow each year. For the 2012-13 grant year, the CDE awarded \$11.2 million to over 340 schools. The CDE expects to award \$11.4 million to over 370 schools during the 2013-14 grant year.

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

The 2008 Farm Bill amended the National School Lunch Act by adding Section 19, The Fresh Fruit and Vegetable Program, which permanently authorized the FFVP nationwide with significant funding. States are required to fund only elementary schools with 50 percent or more eligible for free and reduced price meals. The Farm Bill allows funding for the FFVP through 2011-12 school year, with increased funding each year. California received \$7.6 million for the 2010-11 school year and funded 239 schools (\$60 per student/year). A list of currently funded FFVP school sites is on the CDE Web site at <http://www.cde.ca.gov/fg/fo/r9/ffvp10result.asp>.

California received \$10.8 million for the 2011-12 school year to fund over 300 schools. The 2011-12 FFVP grant awardees list is posted on the CDE Web site.

**HealthierUS School Challenge** -The HealthierUS School Challenge (HUSSC) was established by the USDA Food Nutrition Services to recognize elementary, middle, and high schools that are creating healthier school environments through their promotion of good nutrition and physical activity. Four levels of superior performance are awarded and the USDA is offering monetary award incentives with each level: Bronze (\$500), Silver (\$1,000), Gold (\$1,500), and the Gold Award of Distinction (\$2,000).

To qualify for an award, a school must submit a formal application and meet or exceed basic criteria set forth by the FNS. The HUSSC criteria reflect the recommendations of the *2005 Dietary Guidelines for Americans* for foods that should be served in schools and outside of the organized school lunch meals. HUSSC schools must also have a local school wellness policy as mandated by Congress.

To date, HUSSC awards have been given to schools in 49 states and the District of Columbia. As of April 22, 2013, there are 6,079 schools certified.

Since 2010, the NSD has gained USDA approval for 11 HUSSC school awards. Award-winning schools are recognized with a cash award, a framed certificate, and an award banner from the USDA to showcase their achievement. HUSSC schools also receive national recognition by being listed on the TN Web site. Awards are certified for four years from the date of approval.

The HUSSC information and application is available on the TN HUSSC Web page at <http://teamnutrition.usda.gov/HealthierUS/index.html> (outside source).

**Fresh Fruits and Vegetables: A Centerpiece for a Healthy School Environment Training (FFVCHSE)** -The 2010–11 FFVCHSE fall and spring trainings were one and a half days long. The NSD conducted eighteen trainings during the school year. The FFVCHSE trainings replaced the SHAPE meetings for the second year. The Power Play Campaign and the Harvest of the Month program were featured in both spring and fall trainings, as experiential nutrition education resources available to schools and community youth organizations. The topics at the FFVCHSE focused on reinforcing fresh fruit and vegetable consumption through components of a healthy school

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

environment – foods offered on campus, garden-enhanced nutrition education, experiential nutrition education, composting (nutrient cycles); and food and agriculture literacy. The spring trainings featured presentations from exemplary “Farm to School” school districts, sharing about their programs and how student wellness improves through these efforts.

**\* California Department of Food and Agriculture -The Dairy Council of California**, a large California agriculture marketing order, has developed and sponsors proven-effective nutrition/physical activity curriculum and education materials for schools at four developmental levels: pre-K, grades 1-2, grades 3-5, grades 6-8, after school, K-6 and Health Professionals. For more information, go to [www.dairycouncilofca.org](http://www.dairycouncilofca.org).

**The California School Garden Network (CSGN)** - is a non-profit organization whose mission is to create and sustain California school gardens to enhance academic achievement, a healthy lifestyle, environmental stewardship, and community and social development. The CSGN is a collaboration of members from state agencies, private companies, educational institutions, and non-profit organizations including the California Department of Food and Agriculture, the *Network for a Healthy California (Network)*, the California Department of Education, the California Foundation for Agriculture in the Classroom, and the California Integrated Waste Management Board. CSGN facilitates the connection between resource organizations and educators by combining efforts to strengthen contributions and avoid duplications. In addition to its statewide leadership, CSGN has a number of Regional Networks that serve as central hubs to distribute school garden resources, promote school gardens, and provide training, communications, and technical assistance in their local areas.

The CSGN first released *Gardens for Learning - Creating and Sustaining Your School Garden* in October 2006 as a guidebook targeted to educators to help them develop, maintain and provide instruction in school gardens. In Addition, the CSGN has developed a website as a collaborative effort to compile school garden resources, research, and contacts so they are available in one location. The *Network* provided partial funding for these resources and the website has been updated to reflect new resources and information. More information can be found at: [www.CSGN.org](http://www.CSGN.org).

**\* The California Children and Families Commission** -In 1998 California voters passed Proposition 10, adding a 50-cent tax to each pack of cigarettes sold in California to create First 5 California, also known as the California Children and Families Commission. First 5 California is dedicated to improving the lives of California’s young children and their families through a comprehensive system of education, health services, childcare, and other crucial programs. Based on county-specific birth rates, First 5 California distributes funds to local communities through the state’s 58 counties, all of which have created their own local First 5 County Commissions to address community needs. Eighty percent of the annual Proposition 10 revenues are allocated to the 58 County Commissions, while the remaining 20 percent funds the state’s overall guiding programs, mass media and public relations campaign, and administrative costs.

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

While all County Commissions implement some form of nutrition and physical activity efforts through existing programs and partnerships (e.g., School Readiness), many also report engaging in and/or investing in distinct nutrition and physical activity programs; and some County Commission efforts are implemented in collaboration with locally funded Network projects. Also, the State Commission kicked off an obesity prevention mass media public awareness campaign in 2005/2006. In 2008, the State Commission extended its campaign, releasing “Yummy for your Tummy,” an English/Spanish cookbook targeting parents with young children. Another extension of the Commission’s investments in the health of young children is its Hands-on Health Mobile Van which promotes public awareness and education around a variety of issues including basic nutrition and physical activity, oral health, and medical coverage. Importantly, several Regional Networks partner with First 5 County Commissions to implement nutrition education initiatives that directly reach SNAP-Ed-eligible Californians (e.g., the Bay Area and North Coast Regions’ Rethink Your Drink Campaigns). The Network previously partnered with First 5 through a Leadership Project with the First 5 Association of California. A key outcome of this project was the development of Potter the Otter early childhood healthy beverage education materials, including: Posters, Postcards, Tip Sheets, Stickers, Puppet Cut Outs, and Activity Sheets for use with eligible early care and education providers (preschool, child care, etc.), as well as dental, medical, and WIC offices as appropriate.

### **Intra- and Inter-Governmental Infrastructure to Coordinate Efforts among Programs**

**\* California Conference of Local Health Officers (CCLHO)** – The mission of CCLHO, a statutorily-established advisory body to CDPH that convenes the 61 legally appointed physician Health Officers in California, is to prevent disease and improve the health of all California residents. The Conference provides a state/local forum for the discussion of significant health issues in order to develop recommendations for appropriate health policy and programs. One of CCLHO’s priority areas is the promotion of healthful behavior, including healthy eating and physical activity, to prevent chronic diseases such as heart disease, cancer, and diabetes. The CCLHO Chronic Disease Committee brings together Health Officers and local health department staff from a variety of programs to discuss chronic illness prevention, learn from State and other experts, and share best practices.

**\* California Conference of Local Health Department Nutritionists (CCLHDN)** – CCLHDN is an affiliate of CCLHO. Its members lead local public health nutrition program planning and services. Duties typically include administering a variety of federal, state and locally-determined nutrition and physical activity promotion programs. CCLHDN advises CCLHO and CDPH on public health nutrition policies, programs, and issues. It works with the *Network* on increasing nutritionists’ technical capacity to build county-wide nutrition-related infrastructures, especially for services and environmental conditions that promote fruit and vegetable consumption, physical activity, food security,

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

and obesity prevention among low-income groups and in geographical areas. Several counties are also implementing CNAPs, County Nutrition Action Plans, to promote consumption of fruits and vegetables through partnerships and collaborative interventions between the nutrition assistance programs and other related groups. The CNAPs are supported through SNAP and the annual CCLHDN conference.

**NEOP Statewide Collaborative** - The NEOP Statewide Collaborative (NSC) provides a unique and collaborative function bringing together nutrition education, physical activity, and obesity prevention partners to disseminate the latest research and data, share best practices across programs, and generate networking across programs, regions and professional disciplines. The Collaborative supports the local health department funding structure, as well as regional and local efforts by helping to mobilize the newly concerted efforts of NEOP leaders across California. The NSC provides a venue to receive program guidance from CDSS and USDA, coordinate with UC Davis-FSNEP, and other SNAP-Ed programs serving CalFresh eligible Californians.

**\* Food Access, Nutrition Education and Outreach Committee, FANOut** – Convened quarterly by CDPH, FANOut includes the three SNAP-Ed implementing agencies, which include: CDSS, CDPH, and UC CalFresh as well as external stakeholders and government agencies, including USDA, California Department of Education, community based organizations, county CalFresh/SNAP senior staff, and statewide advocates. The purpose is to identify and empower partners to create needed policy, systems, and environmental change; Solicit and present outside expertise to identify potential partners to enhance the roles of SNAP-Ed and Cal Fresh Outreach in low-resource communities; and Support increased participation in Federal Nutrition Programs (summer meals, breakfast, snack, supper, school lunch, Child and Adult Care Food Program (CACFP), etc.)

**Office of Farm to Fork** -Through an interagency agreement between CDPH, CDE and CDFA the Office of Farm to Fork (OF2F) was established to help encourage and expand the availability of affordable and locally grown produce through farm to fork policies and programs. The OF2F will provide the structure for the development and implementation of recommendations to promote access to healthy and affordable food. The housing of the OF2F in CDFA is crucial due to its relationship with the agricultural industry as well as being a critical link between the providers of the goods and the recipients. The OF2F, CDE and CDPH will set priorities with input from the Farm to School taskforce, Health in All Policies (HiAP), Team California and other relevant stakeholders. The office will focus on serving populations at or below 185% FPL, however in the attempt to serve that population some efforts will also benefit members of the community who are above 185% FPL.

**\* State Nutrition Action Partnership (SNAP)** – Beginning in 2003, California's state level FNS-funded partners collaborated through the State Nutrition Action Partnership (SNAP) to strengthen their coordination of nutrition education and promotion efforts. The California team identified one common statewide nutrition education goal and

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

developed a collaborative cross-program plan that FNS-funded programs work together to plan, implement, and achieve. The goal selected for California's SNAP for five years was "promote consumption of fruits and vegetables through partnerships and collaborative interventions between the nutrition assistance programs and other related groups". State agencies collaborating to implement SNAP included: California Department of Public Health (WIC, *Network*), California Department of Social Services (CalFresh), California Department of Education (Nutrition Services Division), University of California (CalFresh Nutrition Education, Expanded Food and Nutrition Education Program), and the California Department of Food and Agriculture. A Memorandum of Understanding defined roles for agencies and programs upon this model, SNAP is implemented at the county level as the County Nutrition Action Partnerships (CNAP). Currently ten counties operate collaborative projects through their CNAP.

**\* Strategic Assessment of the Child Care Nutrition Environment** -The California Health and Human Services Agency (CHHSA) and CDE brought together child care experts from state and local child care and development agencies and advocacy groups to undertake a strategic assessment of factors associated with poor nutrition, inactivity, and overweight among young children; and to develop policy recommendations on how to best improve nutrition and increase physical activity in child care settings. The Strategic Assessment of the Child Care Nutrition Environment Advisory Group began work in 2007 and finalized draft policy recommendations in 2008.

The executive summary, *Keeping Children Healthy in California's Child Care Environments: Recommendations to Improve Nutrition and Increase Physical Activity* was published in June 2009 and contains the policy recommendations created by the advisory group. Efforts to implement the recommendations are on-going.

A link to the executive summary report can be found on the CDE Web site at:  
<http://www.cde.ca.gov/ls/nu/he/documents/keepchildhealexecsumm.pdf>.

**Coordinated Chronic Disease Prevention Program** - The aim of CDC's Coordinated Chronic Disease Prevention and Health Promotion Program (CCDPP) is to provide resources and funding to build and strengthen state health department capacity and expertise to effectively prevent chronic disease and promote health. The goal is to create a roadmap with statewide partners to prevent disease and disability, decrease health disparities, improve the quality of health care and empower communities to create healthier environments by participating in statewide multi-sector chronic disease prevention coalitions to guide the development of a multi-year State Plan and support its implementation. CCDPP's internal coordination efforts include partnering with chronic disease prevention and chronic disease control programs, including:

- Chronic disease control programs that address leading causes of death and disability, including: heart disease, cancer, stroke, diabetes, arthritis, asthma, chronic obstructive pulmonary disease, and dental health
- Chronic disease prevention and risk behavior programs, including tobacco control, obesity prevention, nutrition, and physical inactivity



## Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California

- Programs working in related areas, across multiple sectors, such as injury prevention, maternal and child health, Health in All Policies, mental health, harmful alcohol use, and school health

### Major Place-Based Projects in California

**\* CDC Implementation Community Transformation Grants (CTG) -** Public Health Institute – (12 “intense” counties; 30 less intense)-The Public Health Institute in partnership with the CDPH was awarded an implementation grant that will serve 41 small and rural counties with populations of 500,000 or less. Called CA4Health, the initiative provides training, technical assistance and resources to local county health departments and their partners to implement change in their communities. The twelve counties receiving intensive interventions are: Calaveras, Humboldt, Imperial, Madera, Mendocino, Merced, Monterey, Shasta, Siskiyou, Solano, Tulare, and Tuolumne. Intensive counties focus on four key strategies:

- Tobacco free living
- Healthy Eating and Active Living
- High Impact Evidence-Based Clinical and Preventative Services
- Healthy and Safe Physical Environments

Los Angeles County Department of Public Health was awarded CTG funding that will enable DPH and its community partners to build upon successful efforts in the areas of chronic disease prevention and control. The funding will expand and broaden work with community partners to develop initiative strategies aimed at: reducing youth access to tobacco products and exposure to second hand smoke, increasing utilization of effective tobacco cessation services, enhance clinical preventing services, improve nutrition and increasing physical activity. For more information visit:

[http://publichealth.lacounty.gov/tob/pdf/CTG\\_one\\_page\\_summary\\_FINAL9\\_27\\_11.pdf](http://publichealth.lacounty.gov/tob/pdf/CTG_one_page_summary_FINAL9_27_11.pdf)

San Francisco Department of Public Health was awarded CTG funds to serve the large county of San Francisco. Work will focus on expanding efforts in: tobacco-free living, active living and healthy eating, quality clinical and other preventative series, as well as healthy and safe physical environments. For more information visit:

<http://www.sfdph.org/dph/default.asp>

San Diego County was awarded CTG funds allowing the county of San Diego to continue work initiated by the Communities Putting Prevention to Work (CPPW) grant and the *Live Well, San Diego!* Initiative. Key Strategies will include: tobacco-free living, active living and healthy eating and improving clinical management of risk factors of high blood pressure and elevated cholesterol. For more information visit:

[http://www.sdcounty.ca.gov/hhsa/programs/phs/chronic\\_disease\\_health\\_disparities/ctg.html](http://www.sdcounty.ca.gov/hhsa/programs/phs/chronic_disease_health_disparities/ctg.html)

## **Brief Summaries of Other Nutrition Related Programs Serving Low-Income Persons in California**

**\* CDC Capacity Building Community Transformation Grants** -The following counties are receiving various levels of funding for capacity building interventions: Sacramento through the Sierra Health Foundation, Fresno, Kern, Stanislaus and Ventura Counties, and Toiyabe Indian Health Project. Work in the above counties will target: tobacco-free living, active living and healthy eating, quality clinical and other preventative services, healthy and safe physical environments, and social and emotional wellness. For more information visit:  
<http://www.cdc.gov/Features/CommunityGrants/>

Kaiser Permanente Community Health Initiatives; Healthy Eating Active Living (HEAL) Grants and Partnerships: The Healthy Eating Active Living- Community Health Initiative (HEAL-CHI) is a three-year initiative focused on healthy eating and active living to improve nutrition and physical activity and to reduce overweight/obesity in California. This funding supports communities in their efforts to improve their physical environment allowing for increased opportunities for: physical activity and healthful eating, farmers markets, walking, biking, safe routes, availability of fresh fruits and vegetables close to home, parks, and participating in after-school programs. This initiative brings together multiple sectors of society through partnerships and collaboration among community members, local public agencies, schools, faith based organizations, funders, health practitioners, and policy makers engaged in health promotion and chronic disease prevention efforts. For more information visit:  
[http://info.kp.org/communitybenefit/html/our\\_work/global/our\\_work\\_3\\_b.html](http://info.kp.org/communitybenefit/html/our_work/global/our_work_3_b.html)

The California Endowment Healthy Communities; Healthy Eating Active Communities (HEAC) and Central California Regional Obesity Prevention Program (CCROPP): Six Healthy Eating Active Communities (HEAC) were selected in 2005 and have since been collaborating across school district, broad-based community-based organization and the local public health department working towards sustainable changes in the school, after school, neighborhoods, health care, as well as marketing sectors in support of healthy eating and active living. The selected communities include: South Los Angeles, Baldwin Park, South Shasta County, San Antonio, Chula Vista, and Santa Anna.  
<http://www.calendow.org/healthycommunities/>

The Central California Regional Obesity Prevention Program goals are to promote safe places for physical activity, increase access to fresh fruits and vegetables, and support community and youth engagement through obesity prevention efforts. The regional program initiative was implemented by the local public health department, a community based organization, and an obesity council. <http://www.ccropp.org/>